Claims

[c1] I claim:

- 1. A shoulder pad accessory arm pad, comprising:
- (a) an elongated padded member defining first and second opposite ends, the padded member being constructed and arranged for disposal therein of an arm of a wearer, to protect the arm from injury;
- (b) means for attaching the first end of the padded member to a shoulder pad of the wearer; and
- (c) means for attaching the second end of the padded member to the arm of the wearer, to secure the padded member to the arm of the wearer.
- [c2] 2. The arm pad of claim 1, wherein the padded member comprises a foam pad disposed within and attached to a peripheral elastic envelope.
- [03] 3.The arm pad of claim 1, wherein the padded member comprises:
 - (a) first and second open ends;
 - (b) first attachment means at the first end of the padded member, for attaching the arm pad to a capulet of the shoulder pad of the wearer; and
 - (c) second attachment means at the second end of the

padded member, for attaching the arm pad to the arm of the wearer.

- [c4] 4. The arm pad of claim 3, wherein the first attachment means comprises an elastic band or a belt-and-buckle.
- [05] 5. The arm pad of claim 3, wherein the second attach-ment means comprises an elastic band, a hook-and-loop fastener, or a belt-and-buckle.
- [c6] 6. The arm pad of claim 3, wherein the second attach-ment means comprises an elastic band with hook-and-loop fasteners attached thereto along the entire length of the band.
- [c7] 7. The arm pad of claim 3, wherein the foam pad is thinner at the first end than at the second end thereof.
- [08] 8. The arm pad of claim 2, wherein the thickness of the foam pad increases continuously from the first end to the second end thereof.